

**Face-to-face & Online - Triple P Groups & Workshops from April 22 – December 22**

**To book a place, please contact Deirdre by phone or e-mail the details are beside each group/workshop Deirdre 086 0274837** **deirdre.dowling@hse.ie**

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| **Triple P Groups** | **Dates** | **Time** | **Location** | **Contact** |
| **Junior Group Programme**(2-10 years)2 hours x 5 group sessions | Session 1 – Tues 5th April 22Session 2 – Tues 12th AprilSession 3 – Tues 19th AprilSession 4 – Tues 26th AprilPhone Call Session – Tues 3rd MayFinal Session-Tues 10th May |  7-9 pm | Zoom | **To book a place, please contact****Deirdre 086 0274837** **or** **Email****deirdre.dowling@hse.ie** |
| **Junior Group Programme**(2-10 years)2 hours x 5 group sessions | Session 1 – Thursday 5th MaySession 2 – Thurs 12th MaySession 3 – Thurs 19th MaySession 4 – Thurs 26th MayPhone Call Session – Thurs 2nd JuneFinal Session-Thurs 9th June |  10-12md | Zoom  | **To book a place, please contact****Deirdre 086 0274837** **or** **Email** **deirdre.dowling@hse.ie** |
| **Triple P Groups** | **Dates** | **Time** | **Location**  | **Contact** |
| **Junior Group Programme (2-10 years)****2 hours x 5 group sessions** | Session 1- Wed 31st AugustSession 2- Wed 7th Sept Session 3 – Wed 14th SeptSession 4- Wed 21st sept Phone call session- 28th SeptFinal session- Wed 5th Oct  |  7-9pm | Zoom. | **To book a place, please contact****Deirdre 086 0274837** **or** **Email** **deirdre.dowling@hse.ie** |
| **Junior Group Programme(2-10years)****2 hours x 5 group sessions** | Session 1- Tues 1st NovSession 2 – Tues 8th NovSession 3- Tues 15th NovSession 4- Tues 22nd Nov Phone Call session- 29th NovFinal session – 6th Dec  | 10-12md | Zoom | **To book a place, please contact****Deirdre 086 0274837** **or****Email** **deirdre.dowling@hse.ie** |
| **Groups Virtually through Webex or Zoom*****Once Parents book in you will be provided by a link through e-mail and you simply click on the link to join a session.*** |
| **Teen Group Programme**(11-15yrs)2hours x 5 group sessions | Session 1-Tues 5th April 22Session 2- Tues 12th AprilSession 3- Tues 19th AprilSession 4- Tues 26th AprilPhone Call Session – 3rd MayFinal session-Tues- 10th May |  10-12md |  Zoom | **To book a place, please contact****Deirdre 086 0274837** **or****Email** **deirdre.dowling@hse.ie** |
| **Teen Group Programme**(11-15yrs)2hours x 5 group sessions | Session 1-Thurs 5th MaySession 2- Thurs 12th MaySession 3- Thurs 19th MaySession 4- Thurs 26th MayPhone Call session – 2nd JuneFinal Session - 9th June  |  7-9pm |  Zoom | **To book a place, please contact****Deirdre 086 0274837** **or****Email** **deirdre.dowling@hse.ie** |
| **Teen Group Programme(11-15 years )2 hours x 5 group sessions** | Session 1- Wed 31st AugustSession 2- Wed 7th Sept Session 3 – Wed 14th SeptSession 4- Wed 21st sept Phone call session – 28th SeptFinal session -Wed 5th Oct  |  10-12md |  Zoom  | **To book a place, please contact****Deirdre 086 0274837** **or****Email** **deirdre.dowling@hse.ie**  |
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| **Teen Group Programme (11-15 years) 2 hours x 5 group sessions**  | Session 1- Tues 1st NovSession 2- Tues 8th NovSession 3- Tues 15th NovSession 4 – Tues 22nd Nov Phone call session – 29th Nov Final session – Tues 6th Dec  | 7-9 pm | Zoom  | **To book a place, please contact****Deirdre 086 0274837** **or****Email** **deirdre.dowling@hse.ie**  |
| **Fear Less Webinar** |  |
| Fear Less Webinar (4-14 years)Reducing Anxiety for your child.2 hours x 1 Session | Thursday 28th April Tuesday 17th May Tuesday 6th Sept Thursday 3rd NovTuesday 13th Dec |  7-9 pm 7-9 pm 7-9 pm 7-9 pm 7-9 pm |  Zoom See poster attached for registration  | **To book a place, please contact****Deirdre 086 0274837** **or****Email** **deirdre.dowling@hse.ie**  |
| **Fear Less Workshop: Reducing Anxiety (4-14 years) 2.5 hours x 3 weeks**  | **Date** | **Time**  | **Location** | **Contact**  |
| Fear Less Workshop:Reducing Anxiety (4-14 years)2.5 hrs x 3 weeks  | Wednesday 6th, 13th, 20th April  | 10-12.30 | Zoom | **To book a place, please contact****Deirdre 086 0274837** **or****Email** **deirdre.dowling@hse.ie** |
| Fear Less Workshop:Reducing Anxiety (4-14 years)2.5 hrs x 3 weeks  | Tuesday 24th May, 31st May, 7th June  | 10-12.30 | Zoom   | **To book a place, please contact****Deirdre 086 0274837** **or****Email** **deirdre.dowling@hse.ie** |
| Fear Less Workshop:Reducing Anxiety (4-14 years)2.5 hrs x 3 weeks  | Tuesday 20th Sept, 27th Sept, 4th October   | 10-12.30 | Zoom | **To book a place, please contact****Deirdre 086 0274837** **or****Email** **deirdre.dowling@hse.ie** |
| Fear Less Workshop:Reducing Anxiety (4-14 years)2.5 hrs x 3 weeks  | Wednesday 2nd, 9th, 16th November  | 10-12.30 | Zoom  | **To book a place, please contact****Deirdre 086 0274837** **or****Email** **deirdre.dowling@hse.ie** |